

PILATES

on the lake

Teacher Training Program

Pilates is our passion; It's our life, our mission and our business to be the very best at teaching Pilates.

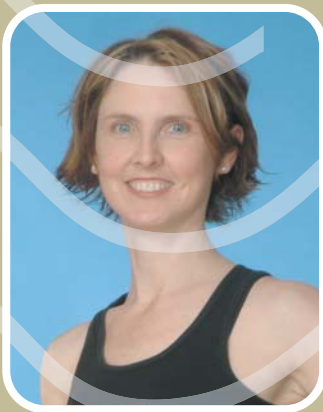
We are committed to teaching the classical Pilates method as true to Joseph Pilates original repertoire as possible. Staying true to the method will bring our clients to their most uniformly developed body that will enable them to breathe better and have a better life.

Our staff has trained at The Pilates Center in Boulder Colorado in all aspects of traditional Pilates. Our dedicated staff will work with you through the Pilates on the Lake Teacher Training program. Debby Orlando, owner, will serve as your master coach/trainer and also director of the program. As a 2002 graduate, Debby is currently enrolled in the Masters Program at The Pilates Center. Carolyn Roslin, also a Pilates Center graduate, has been teaching pilates for 10 years. Nicki Noftz & Ronda Heppe are recent graduates and can offer their current teacher in training experiences.

Formal Lecture Series

Taught by Amy Taylor Alpers, Debora Kowley & Kim Haroche of

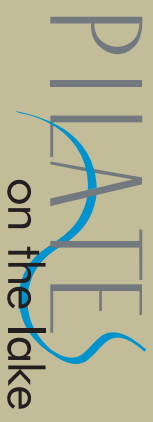
The Pilates Center



Pewaukee, Wisconsin

www.PilatesOnTheLake.com

Phone: 262.695.2262



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Teacher Training Program

Students learn the complete technique on all equipment, modifications for individual ability, therapeutic applications, kinesthetic anatomy, and communication techniques. Also included is how to conduct client evaluations, how to “read” bodies to troubleshoot problems, and how to correct the most common complaints and injuries. Practice teaching sessions develop the imagery and verbal directions, as well as the partnering skills, safety techniques, and much more associated with each exercise in hands-on situations with practice clients. The entire Teacher Training Program requires completion of all five levels of technical difficulty.

Teaching the Art of Teaching, for more than 15 years The Pilates Center has been teaching the art of teaching to aspiring Pilates students. We proudly provide the knowledge of The Pilates Center Master Teachers to facilitate the formal lecture series. The Pilates Center Teacher Training Program is the most respected, comprehensive, and intensive program of its kind in the world. The formal lecture series will teach students “classical” Pilates and provide in-depth exploration of every exercise on every piece of equipment.

The Formal Lecture Series will be offered May 11, June 22 and Oct 12 & 19 2007. It consists of 60 hours of lecture divided into four weekends. The lectures organize the Pilates method into five levels of technical difficulty.

The Internship is the heart of the Teacher Training Program. It allows the student time to apply their growing knowledge of the technique and to develop communication skills while being supervised. The internship is an opportunity for hands-on work, and to observe experienced teachers in action in a professional atmosphere. The internship is invaluable, acting as a primer for all real-life situations.

The internship can be started before you begin, during or after finishing a Formal Lecture Series Cycles. Students complete 700 hours of observation, practice teaching, personal workouts, lessons, and more. Each student is guided by a personal advisor. A journal of Internship hours must be kept, and a five-month case study defended.

This experience, combined with the Formal Lecture Series and the student’s desire, dedication and determination, prepares the way for the practical and written exams as well as the years of teaching to come. The Teacher Training Program includes these other benefits for one full year from the date of first attendance.

- Use of Pilates On The Lake facilities for personal workouts
- Use of Pilates On The Lake facilities for practice teaching of clients
- Trainee symposiums
- Access to video library
- Discounts on lessons at Pilates On The Lake
- Discounted student focused classes
- Opportunity to teach the Fundamental & Beginning Classes
- Monthly meeting with Advisor (1/2 hour)

Students are expected to complete an average of 15 hours weekly towards their Internship, ie: observing teaching sessions, taking lessons and classes, practice teaching, personal workouts, watching videos and reading required books. Students are strongly encouraged to attend the weekly symposium.

PROGRAM EVENTS

Weekend 1 - May 11 *with Amy Alpers*

Overview:

Outline of entire Teacher Training Program.

Philosophy:

"Return to Life", history and philosophy of Joseph H. Pilates and his method of Contrology.

Technique:

Introductory – mat, Universal Reformer, the Wall.

Level 1 Basic – Mat, Universal Reformer, Cadillac, High Chair, the Wall, Hand Weight series.

Level II Basic/Intermediate – Mat, Universal Reformer, Cadillac, High and Low Chairs, Ped-O-Pul, Magic Circle, Standing Foot exercises, Towel, Bean Bag.

Weekend 2 - June 22 *with Debora Kowley*

Pedagogy:

Conducting evaluations, creating and balancing a session, transitioning clients between levels.

Anatomy:

Introduction to the human muscular-skeletal system, learning to see bony landmarks.

Technique:

Level II Basic/Intermediate – Mat, Universal Reformer, High and Low Chairs, Magic Circle, High and Low Barrels.

Level III /Intermediate – Mat, Universal Reformer, Cadillac, High and Low Chairs, High Barrel, Spine Corrector.

Weekend 3 - October 12 *with Amy Alpers*

Review:

History, philosophy, pedagogy, Internship, technique (all previous levels).

Pedagogy:

The use of imagery, teaching different types of learners, creating a challenge for clients.

Anatomy:

Reading muscular patterning, correcting the most common complaints and injuries.

Technique:

Level III Intermediate – Mat, Universal Reformer, Cadillac, High and Low Chairs, High Barrel, Spine corrector.

Level IV Intermediate/Advanced – Mat, Universal Reformer, Cadillac, Low Chair, Foot Corrector, Ped-O-Pul.

Weekend 4 - October 19 *Kim Haroche*

Review:

Summary of entire Teacher Training Program.

Pedagogy:

The art of being a teacher, creating a program for your client.

Anatomy:

Exercises for specific applications.

Technique:

Level IV Intermediate/Advanced – Mat, Universal Reformer, Cadillac, High and Low Chairs, Ped-O-Pul.

Level IV Advanced – Mat, Universal Reformer, Cadillac, Low Chair, And High Barrel.

LECTURE SCHEDULE

Friday

4:00 – 7:00 p.m.

Saturday

Noon – 3:00 p.m.

4:00 – 7:00 p.m.

Sunday

9:00 a.m. – Noon

1:00 – 4:00 p.m.

TUITION & FEES

Tuition - \$4,500

More information call for details:

Debby: 262.695.2262

Or Ronda: 262.370.4788

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Enrollment:

To enroll, prospective students must pass an entrance evaluation exam demonstrating a proficiency in Pilates Level III exercises and be injury free. Acceptance into the program does not guarantee graduation.

Preparatory Program:

For those who would like to enter the Training Program but have not yet fulfilled the prerequisites (ie: must be Level III in personal Pilates exercise practice), we offer a Preparatory Program. This program is an intensive three or six-month course of Pilates lessons designed to help the student achieve a strong level III in a timely fashion.

Six Month Program includes: 20 Private Lessons; 16 Reformer/Pole Classes; 24 Mat Classes & Unlimited independent workouts. Cost: \$1,500.

Payment Plan:

Students have the option to pay for the full Teacher Training Program in four installments. The installment plan adds an additional 6.5% fee to the total cost of the tuition.

PILATES ON THE LAKE REQUIREMENTS FOR COMPLETION**Enrollment:**

The Program summary of hours:

- 60 Formal Lecture Series
- 100 Private lessons (50 Privates/50 Classes)
- 150 Personal workouts
- 200 Observation hours
- 200 Practice teaching hours
- 50 Miscellaneous
- 760 Total Hours

In addition all students must:

- Have a passing score of 85% or higher on all exams (covering history, classical order, anatomy & teaching philosophy)
- 2 performance exams
Must demonstrate physical ability and knowledge
- 2 practical teaching exams
*Must demonstrate the ability to successfully teach a level I-V Pilates Mat workout and a level I-V Pilates Private Session.
Ability to apply modifications for individual ability.
Appropriate and concise communication.
Ability to conduct client evaluations and recommend an appropriate Pilates program.
Ability to "read" bodies.
Ability to correct the most common complaints and injuries by using the Pilates method)*
 - Complete two teaching clinics
 - Complete the reading list
 - Complete a Case Study
 - Complete the Anatomy Coloring Book
 - Complete a personal Pilates Journal